



PREMIER FOOD AND MACHINERY.CO.LTD
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Textured Soy Protein (TSP)



Textured or texturized vegetable protein (TVP), also known as **Textured Soy Protein (TSP)**, **soy meat** is a defatted soy flour product, a by-product of extracting soybean oil. It is often used as a meat analogue or meat extender. It is quick to cook, with a protein content comparable to certain meats.



TVP can be made from soy flour or concentrate, containing 50% and 70% soy protein, respectively; they have a mild beany flavor. Both require rehydration before use, sometimes with flavoring added in the same step. TVP is extruded, causing a change in the structure of the soy protein which results in a fibrous, spongy matrix, similar in texture to meat. In its dehydrated form, TVP has a shelf life of longer than a year, but will spoil within several days after being hydrated. In its flaked form, it can be used similarly to ground meat.



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Textured vegetable protein is a versatile substance; different forms allow it to take on the texture of whatever ground meat it is substituting. Using TVP, one can make vegetarian or vegan versions of traditionally meat-based dishes, such as chili con carne, spaghetti Bolognese, sloppy joes, tacos, burgers, or burritos.



Soy protein can also be used as a low cost/high nutrition extender in comminuted meat and poultry products, and in tuna salads. Food service, retail and institutional (primarily school lunch and correctional) facilities regularly use such "extended" products. Extension may result in diminished flavor, although extra seasoning can suffice, but fat and cholesterol levels are decreased. TVP being used by itself as a substitute has no fat at all, and can be effectively seasoned to taste like red meat.

Textured vegetable protein can be found in natural food stores and larger supermarkets, usually in the bulk section. TVP is also very lightweight and is often used in backpacking recipes. Because of its relatively low cost, high protein content, and long shelf life, TVP is often used in prisons and schools, as well as for disaster preparedness.